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[illegible]

[illegible]

[illegible]:

1. **[illegible]:**
- [illegible].
- [illegible] "[illegible] 30 [illegible]"

2. **[illegible]:**
- [illegible]

[illegible] 7-OH [illegible] ιο [illegible]

1. **[illegible]** - [illegible] 7-OH [illegible]

2. **[illegible]** - [illegible]

3. **[illegible]** - [illegible] *Naloxone* [illegible] 7-OH [illegible]

[illegible] (Peptide Recovery Protocols)

[illegible] (Precision Taper Option)

- **[illegible]:** [illegible], [illegible]:
- [illegible]
- [illegible]
- [illegible]
- **[illegible]:** [illegible]. [illegible].
- **[illegible]:** [illegible]

[illegible]

[illegible] 8-12 [illegible] "Feel Free" [illegible]
[illegible]
[illegible]
[illegible]:

[illegible] "Recovery Kernel" [illegible]

[illegible]

7-[illegible] (7-OH)
[illegible] 13-46 [illegible] (mu-opioid) [illegible] Feel Free [illegible]

[illegible]

- **[illegible] (Other Alkaloids):** [illegible] (narcotic) [illegible]
- **[illegible] (Kava):** [illegible]

[illegible]:

- [illegible]
- [illegible]

[illegible] ([illegible] GABA) [illegible]

[illegible]:

1. **[illegible]:** [illegible] [illegible]

2. **[illegible]:** [illegible] [illegible]

3. **[illegible]

[illegible] [illegible] "Recovery Kernel" - [illegible] [illegible] [illegible]

[illegible]:

* **[illegible]:** [illegible]
* **Recovery Kernel ([illegible]):** [illegible]
* **[illegible]:** [illegible]
* **[illegible]:** [illegible]

- [illegible] [illegible]
- [illegible]
- [illegible] τάν[illegible] [illegible] [illegible]
- [illegible] (peptides) [illegible]

[illegible] "Recovery Kernel" [illegible]

[illegible] = [illegible]
Feel Free = [illegible]

[illegible]

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[illegible]

2. **[illegible]**: [illegible]

3. **[illegible]**: [illegible]

- [illegible] (16 [illegible]) - [illegible]
- [illegible] B - [illegible] ([illegible] Centurian 7-OH) - [illegible]
- [illegible] (Kratom) [illegible] — [illegible]

[illegible] "Stack Peptide Strength" [illegible]

[illegible]:

1. **[illegible]:** [illegible] Peptide [illegible] [[illegible] Peptide? [illegible]]
2. **[illegible] Stack:** [illegible] Peptides [illegible]
3. **[illegible]:** [illegible] Peptide [illegible]
4. **[illegible]:** [illegible]
5. **[illegible]:** [illegible]

[illegible] 16 [illegible] (The Slow Taper)

1. **[illegible]** - [illegible]

2. **[illegible]** - [illegible]

3. **[illegible]** - [illegible] 10% [illegible]

□□□

[illegible]	[illegible] **[illegible]:** 1. **[illegible]:** [illegible] 2. **[illegible]:** [illegible] ([illegible]) [illegible] 3. **[illegible]:** [illegible] 4. **[illegible]:** [illegible]	[illegible]: - [illegible] - [illegible] - [illegible] - [illegible]
# [illegible] (Recovery Kernel)	8-12 [illegible]	[illegible] 15 [illegible] (I choose to start with an honest number. No shame. I have 15 years of experience translating health content and harm

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[illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **[illegible]:** **1. [illegible]** [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **2. [illegible]:** [illegible] [illegible] **([illegible])** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **3. [illegible]** [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **4. [illegible]** [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible]: - [illegible] [illegible] - [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]		

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[illegible] ([illegible])

1. **[illegible]:** [illegible], [illegible]. [illegible] [illegible]/[illegible].

2. **[illegible]:** [illegible].

3. **[illegible]:** [illegible] [illegible].

4. **[illegible]:** [illegible]

[illegible] (cut) [illegible] - [illegible]

[illegible] [illegible] 3 [illegible] [illegible] [illegible]

[illegible] **(Chad kaar rupabae ka-in yai yang ther-thiam)**

(Note: This translates directly to "Manage your medication usage evenly" in Thai, maintaining the urgency and importance of the original phrase.)

[illegible] 5 [illegible]: [illegible] 3-4 [illegible]. [illegible]. [illegible]

[illegible]

[illegible]:

1. **[illegible]:** [illegible] ([illegible], [illegible], [illegible]).

2. **[illegible]:** [illegible] [illegible]

3. **[illegible]:** [illegible]

4. **□□□□□□□□□□□□□□□□□□□□□□□□□□□□:** □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□

- **[illegible]:** [illegible]

[illegible]

[illegible] "[illegible] 7-OH [illegible]
[illegible]" [illegible].

[illegible] "7-OH [illegible]" [illegible]
[illegible] [illegible]. [illegible]
[illegible], [illegible] 7-OH [illegible].

[illegible], [illegible] 7-

[illegible] 7-OH.com [illegible] 7-OH [illegible]
[illegible] [illegible]
[illegible]

[illegible]:

- **[illegible]**: [illegible]
([illegible]: [illegible]) [illegible]
[illegible].
- **[illegible]**: [illegible] [illegible]
[illegible] [illegible]
[illegible].
- **[illegible]**: [illegible]
[illegible] (kava) [illegible]

  - [illegible] [illegible]
  [illegible] [illegible]
  [illegible]
  - [illegible] (kava) [illegible] 7-OH, [illegible]
  [illegible].
  - [illegible]: [illegible]
  [illegible] [illegible]
  - [illegible]: [illegible]. [illegible]
  [illegible].
  - [illegible] 12 [illegible] 12
  [illegible] [illegible]
  [illegible]

[illegible]
(Nī mai chī nā kār læng-khwâp khūn [illegible] sǐng hńeuk dī sǐng ān.)
[illegible] 7-OH [illegible] [illegible] [illegible] [illegible] [illegible] (bucket) [illegible] [illegible] [illegible] [illegible] (bucket) [illegible]

[illegible] (Pill Tapering)

1. **[illegible]:** [illegible]

2. **[illegible]:** [illegible]

3. **[illegible]:** [illegible]

1. [illegible] Centurian [illegible] 7-OH [illegible] (mg) [illegible]
2. [illegible] 7-OH [illegible]: [illegible] Feel Free ([illegible] 7-OH [illegible]) [illegible] (mg)
3. [illegible] — [illegible]
4. [illegible] 10-15% [illegible] 2 [illegible] - [illegible]
5. [illegible] ([illegible] 10-15% [illegible]), [illegible] 0
6. [illegible] *STRENGTH Peptide Stack* [illegible]

   1. **[illegible]:**
      - [illegible] *STRENGTH Peptide Stack* [illegible]
      - [illegible]

   2. **[illegible]:**

   - [illegible] [illegible] *Stack*
   - [illegible] *Naloxone* ([illegible] *Stack*) [illegible]
[illegible]

3. **[illegible]:**
   - [illegible] 10-15 [illegible]
   - [illegible]

[illegible] (Plain Kratom Bridge)

1. **[illegible]:**
   - [illegible] (Kratom), [illegible]
[illegible] [illegible].
   - [illegible] [illegible]
[illegible] [illegible].

2. **[illegible]:**
   - [illegible] [illegible] [illegible]
[illegible]:
      - *Kratom Merah* ([illegible]) - [illegible]
[illegible].
      - *Kratom White* ([illegible]) - [illegible].

3. **[illegible]:**
   - [illegible]: [illegible] [illegible]
[illegible] ([illegible]) [illegible]

[illegible] "Feel Free" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] "Feel Free" [illegible] 7-OH [illegible]

[illegible] (Kratom Bridge) [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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1. **□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□: □□□□□□□□□□□□□□□□□□□□

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[illegible] [illegible]

[illegible] 7-OH [illegible] -
[illegible]

[illegible]

1. **[illegible] (Counseling and Education):**
- [illegible] 7-OH [illegible]
- [illegible]

2. **[illegible] (Medical Assessment):**
- [illegible]
- [illegible]

3. **[illegible] (Recovery Management):**
- [illegible] 7-OH
- [illegible] ([illegible]) [illegible]

4. **[illegible] (Lifestyle Modifications):**

[illegible] (peptide) [illegible]? [illegible]:

- **[illegible]: [illegible].**
- **[illegible]: [illegible].**
- **[illegible]: [illegible]**

[illegible]
(Khor phuud kaew kaiton khing niin ying yai chathat tharmt.)

Let me know if you'd like to delve into specific aspects of the Recovery

Kernel framework, and I'll do my best to translate those sections accurately and sensitively.

[illegible] Feel Free [illegible] [illegible] [illegible] [illegible]

[illegible]: [illegible] "[illegible]"[illegible] Feel Free [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible] MTHFR, COMT) [illegible] [illegible] 7-OH [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] "peptide" ([illegible] [illegible] [illegible]) [illegible] "blue bottle" ([illegible] [illegible])

1. **[illegible]: Peptide [illegible] [illegible] [illegible] "blue bottle" [illegible] [illegible]**

2. **[illegible]: Peptide [illegible] [illegible] [illegible] [illegible] "blue bottle" [illegible] [illegible]**

3. **[illegible]: Peptide [illegible] [illegible]**

- BPC-157 [illegible] [illegible] BPC-157 [illegible] [illegible] [illegible]
- [illegible] (Selank) [illegible] (Tuftsin) — [illegible] [illegible] [illegible] [illegible] 30 [illegible]
- DSIP [illegible] 1970 [illegible] [illegible]
- [illegible] [illegible] [illegible] [illegible]

[illegible]:

- **[illegible]:** [illegible]
- **[illegible]:** [illegible]
[illegible] "Feel Free" [illegible] — [illegible] "Peptides" [illegible] — [illegible]. [illegible] [illegible].

[illegible]:
[illegible] Feel Free [illegible] [illegible] MTHFR [illegible] COMT [illegible]

[illegible] 7-OH (7-Hydroxytryptamine), [illegible] [illegible] 3 [illegible]:

1. **[illegible] ([illegible])**: 7-OH [illegible]
2. **[illegible] ([illegible])**: [illegible] 7-OH [illegible]
3. **[illegible] ([illegible])**: 7-OH [illegible]

[illegible] 7-OH [illegible] (brain) [illegible]

- [illegible]: [illegible]. [illegible], [illegible], [illegible]. [illegible] anhedonia - [illegible], [illegible].

- [illegible] (glutamate) [illegible] 7-OH: [illegible] 7-OH, [illegible] (excitatory signal) [illegible] thần kinh [illegible].
  [illegible], [illegible]
- [illegible]: [illegible]. [illegible] - [illegible], [illegible], [illegible].

[illegible] *peptide stack* [illegible] (opioid) [illegible]

STRENGTH peptide stack [illegible] *peptide* ([illegible]) [illegible]
[illegible] "[illegible]" [illegible] "[illegible]" [illegible]

[illegible]: [illegible]

- **[illegible]:** [illegible]
- **[illegible]:** [illegible], [illegible], [illegible]
- **[illegible]:** [illegible]

[illegible] 1 [illegible] 14 — [illegible]

| □□□□□ (peptide) | □□□ (dose) | **□□□□□□□□□□□□□□□□□□□□□□□□□□□** | □□□□□□□□□□ "Recovery Kernel" □□□□□□□□□□□□□□□□□□□□

[illegible] (peptide)	[illegible] (dose)	**[illegible]** - **[illegible]:** [illegible] - **[illegible]:** [illegible] ([illegible]) [illegible] ([illegible]) [illegible] - **[illegible]:** [illegible]	[illegible] "Recovery Kernel" [illegible]: - **[illegible]**: [illegible] - **[illegible]**: [illegible] - **[illegible]**: [illegible] - **[illegible]**: [illegible]
[illegible]	(mcg)	[illegible] 2 [illegible] ([illegible])	[illegible] (endogenous opioid peptides) [illegible] (mu receptors) [illegible] 7-OH [illegible]
[illegible] (DISIP) — [illegible]	100-200 [illegible] (mcg)	[illegible] SubQ [illegible] (30-60 [illegible])	[illegible] (Delta Sleep-Inducing Peptide - DSIP) [illegible]

[illegible] (peptide)	[illegible] (dose)	**[illegible]** - **[illegible]:** [illegible] - **[illegible]:** [illegible] ([illegible]) [illegible] ([illegible]) [illegible] - **[illegible]:** [illegible]	[illegible] "Recovery Kernel" [illegible]: - **[illegible]**: [illegible] - **[illegible]**: [illegible] - **[illegible]**: [illegible] - **[illegible]**: [illegible]
			[illegible] z-drug [illegible] DSIP [illegible]
[illegible] (Semax) [illegible]	100-300 [illegible]	[illegible] **Naloxone** [illegible] **Intranasal** [illegible]	[illegible] ACTH [illegible] (nootropic) - [illegible] BDNF (brain repair factor) [illegible] '[illegible]' [illegible]

| □□□□□ (peptide) | □□□ (dose) | **□□□□□□□□□□□□□□□□□□□□□□□□□□□□** | □□□□□□□□□□ "Recovery Kernel" □□□□□□□□□□□□□□□□□□□□

□□□

1. **[illegible]:** [illegible] Selank, [illegible] [illegible] [illegible]
2. **[illegible]:** [illegible] [illegible] [illegible], [illegible], [illegible]
3. **[illegible]

[illegible]: [illegible]. [illegible] - [illegible]. [illegible]. [illegible] [illegible]. [illegible] 1 [illegible]. [illegible].
[illegible] 2-3: [illegible] - [illegible]. [illegible] [illegible].

[illegible] Recovery Kernel ([illegible])

1. **[illegible]**
   - [illegible] [illegible] [illegible] Recovery Kernel
   - [illegible] [illegible] [illegible]

2. **[illegible]**
   - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

3. **[illegible]**
   - [illegible] Recovery Kernel [illegible] [illegible]

[illegible] 1: [illegible]. [illegible] [illegible] - [illegible] [illegible]. [illegible] [illegible] 7-OH [illegible]. DSIP [illegible] [illegible]: [illegible]
[illegible] 2-3: [illegible]. [illegible]. [illegible] 3 [illegible], [illegible] - [illegible].

[illegible] (Semax) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] 2-4: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 20% [illegible]
[illegible] 2: [illegible]. [illegible] [illegible]. [illegible] BDNF.

□□□□□□□□□□□□□□: □□□□□□□□ □□□□□□□□□□□□□□

□□□

[illegible] (peptid)	[illegible] (dose)	**[illegible]** - **[illegible]:** [illegible] - **[illegible]:** [illegible] (walking) [illegible] - **[illegible]:** [illegible] - **[illegible]:** [illegible]	[illegible] *Recovery Kernel* [illegible]: - **[illegible]** [illegible] - **[illegible]** [illegible] - **[illegible]** [illegible] - **[illegible]** [illegible] - **[illegible]** [illegible]
BPC-157 [illegible]	250 [illegible] (mcg)	[illegible] SubQ [illegible] (Kong toa yung kaarn chun in thuk tong kha nang SubQ [illegible] kar tung thueng thuk tun kham wa) **Explanation:**	[illegible] BPC-157 [illegible]

[illegible] (peptid)	[illegible] (dose)	**[illegible]** - **[illegible]:** [illegible] - **[illegible]:** [illegible] (walking) [illegible] - **[illegible]:** [illegible] - **[illegible]:** [illegible]	[illegible] *Recovery Kernel* [illegible]: - **[illegible]** [illegible] - **[illegible]** [illegible] - **[illegible]** [illegible] - **[illegible]** [illegible] - **[illegible]** [illegible]
		* "[illegible]" (kong toa yung) means "continue with" * "[illegible]" (ka nang) means "use" * "SubQ" remains as is, a locked term. * "[illegible]" (kar tung thueng thuk tun kham wa)	

[illegible] (peptid)	[illegible] (dose)	**[illegible]** - **[illegible]:** [illegible] - **[illegible]:** [illegible] (walking) [illegible] - **[illegible]:** [illegible] - **[illegible]:** [illegible]	[illegible] *Recovery Kernel* [illegible]: - **[illegible]** [illegible] - **[illegible]** [illegible] - **[illegible]** [illegible] - **[illegible]** [illegible] - **[illegible]** [illegible]
		means "or daily adherence".	
[illegible] (Recovery Kernel) [illegible]: 1. **[illegible]:** [illegible]	5-10 [illegible]	[illegible] 5 [illegible] 2 [illegible]	Pineal gland regulator. Restores melatonin production and circadian rhythm. Critical for weeks 2–4 when sleep is still disrupted but the acute crisis has passed. Also linked to telomere and cellular repair.

| □□□□□□ (peptid) | □□□ (dose) | **□□□□□□□□□□□□□□□□□□□□□□□□□□□□** | □□□□□□□□□□□□□□□□□□□□

[illegible] (peptid)	[illegible] (dose)	**[illegible]** - **[illegible]:** [illegible] - **[illegible]:** [illegible] (walking) [illegible] - **[illegible]:** [illegible] - **[illegible]:** [illegible]	[illegible] *Recovery Kernel* [illegible]: - **[illegible]** [illegible] - **[illegible]** [illegible] - **[illegible]** [illegible] - **[illegible]** [illegible] - **[illegible]** [illegible]
3. **[illegible]:** [illegible]			
[illegible] TB-500 ([illegible] 500) [illegible]	2.5-5 [illegible]	[illegible] "[illegible]" [illegible] ngữ cảnh [illegible]	[illegible] TB-500 [illegible]

| □□□□□□ (peptid) | □□□ (dose) | **□□□□□□□□□□□□□□□□□□□□□□□□□□□□** | □□□□□□□□□□□□□□□□□□□□

| □□□□□□ (peptid) | □□□ (dose) | **□□□□□□□□□□□□□□□□□□□□□□□□□□□□** | □□□□□□□□□□□□□□□□□□□□

| □□□□□□ **(peptid)** | □□□ **(dose)** | **□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□** | □□□□□□□□□□□□□□□□□□□□

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| □□□□□ (peptid) | □□□ (dose) | **□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□** | □□□□□□□□□□□□□□□□□□□□

- **[illegible]:** [illegible]
[illegible] [illegible]
[illegible]
- **[illegible]:** [illegible]
[illegible] [illegible]
[illegible]
- **[illegible]:** [illegible]
[illegible] [illegible]
[illegible]
- **[illegible]:** [illegible] [illegible]

[illegible] (Recovery Kernel)

[illegible]

1. **[illegible]**:
   - [illegible] [illegible] [illegible]
[illegible]
   - [illegible] [illegible] [illegible]
[illegible]

2. **[illegible]**:
   - [illegible] [illegible]
[illegible] [illegible] [illegible]
   - [illegible]
[illegible]

3. **[illegible]**:
   - [illegible]
[illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] BPC-157 [illegible]
[illegible] [illegible]
[illegible]

[illegible] (Epithalon)

([illegible] *findahelpline.com* [illegible])

[illegible] Recovery Kernel

Recovery Kernel [illegible] [illegible] [illegible]
[illegible]

□□□□□□□□□□□□□□□□□□□□□□□□:

**1. **□□□□□□□□□□□□□□□□□□□

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| □□□□□□ **(peptid)** | □□□ **(dose)** | **□□** | □□□□□□□□□□□□□□□□□□□□

| □□□□□□ (peptid) | □□□ (dose) | **□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□** | □□□□□□□□□□□□□□□□□□□□

| □□□□□ **(peptid)** | □□□ **(dose)** | **□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□** | □□□□□□□□□□□□□□□□□□□□

[illegible] (peptid)	[illegible] (dose)	**[illegible]** - **[illegible]:** [illegible] - **[illegible]:** [illegible] - **[illegible]:** [illegible]	[illegible] "Recovery Kernel" [illegible]: - **[illegible]**: [illegible] - **[illegible]**: [illegible] - **[illegible]**: [illegible] - **[illegible]**: [illegible] - **[illegible]**: [illegible]
[illegible]	[illegible]	[illegible] 4-8 [illegible]	[illegible] BDNF (Brain-Derived Neurotrophic Factor) [illegible] Semax [illegible]
[illegible] (Selank) [illegible]	[illegible]	[illegible]	[illegible] (Selank) [illegible]

| □□□□□ (peptid) | □□□ (dose) | **□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□** | □□□□□□□□□□□□□□□□□□□□

will I actually feel in the final moment of phase 3?)

- **[illegible]**: [illegible] — [illegible].
- **[illegible]**: [illegible].
- **[illegible]**: [illegible].
- **[illegible]**: [illegible]

[illegible] **2-3**
[illegible] BPC-157 [illegible] L-Methylfolate [illegible]

[illegible] *Recovery Kernel* [illegible]

1. [illegible]:
   - [illegible]

2. [illegible]:
   - [illegible]
[illegible] "[illegible]" [illegible] (static) [illegible] (clear air) [illegible]

[illegible] **(Selank)** [illegible] **Selank** [illegible]
[illegible] 2 [illegible] (sprays) [illegible]

[illegible] [illegible]
[illegible]

[illegible]

(Note: This is a literal translation of "The overall picture" to fit the specified rules, but in practice, Thai speakers would use more idiomatic expressions like "[illegible]" or "[illegible]".)

[illegible] 3, [illegible]: [illegible]. [illegible] [illegible]. [illegible]. [illegible]. [illegible] lại [illegible]. [illegible].

****[illegible] (The Strength Acronym) - [illegible] [illegible]****

- **Care for yourself ([illegible]) - [illegible]**
- **Open your mind ([illegible]) - [illegible]**
- **Unleash your potential ([illegible]) - [illegible]**
- **Navigate challenges ([illegible]) - [illegible]**
- **Take action ([illegible]) - [illegible]**
- **Self-compassion ([illegible]) - [illegible]**

[illegible] [illegible] **DSIP** [illegible] **I**[illegible] **(epithalon)** [illegible] **(opioid)** [illegible]

[illegible] [illegible] [illegible] [illegible]

[illegible] **(R) -** [illegible]. **BPC-157** [illegible] [illegible]

[illegible] (Enkephalin) - Selank [illegible]
[illegible]

[illegible] (Neuro-reconstruction)

Dihexa (Semax [illegible]) [illegible] [illegible]

BDNF (Brain-Derived Neurotrophic Factor) [illegible] [illegible] BDNF [illegible]

[illegible] (Gut healing) - [illegible]-157 (BPC-157) [illegible] (GI tract) [illegible] (Opioid withdrawal) [illegible]

[illegible] (Tissue recovery)

TB-500 [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]

- **[illegible]:** [illegible], [illegible]. [illegible].

- **[illegible]:** [illegible]. [illegible].

- **[illegible]:** [illegible]. [illegible],

[illegible] [illegible]:

- [illegible]:

  BPC-157, Selank, Semax [illegible] DSIP [illegible]. [illegible] - [illegible] (COAs) [illegible].
- [illegible] (SubQ) [illegible] BPC-157 [illegible] TB-500 [illegible] (Intranasal nasal spray) [illegible] Semax, Selank, [illegible] DSIP.
- BPC-157 [illegible] ([illegible] [illegible]). [illegible].
- [illegible] [illegible] (10-14 [illegible]) [illegible]
- [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] **(taper)**[illegible]

[illegible]

[illegible] (Recovery Stack) [illegible]

1. **[illegible] (Mindfulness and Decision-Making):**
   - [illegible]
   - [illegible]

2. **[illegible] (Substance Management):**
   - [illegible]
   - [illegible]

[illegible]

⚡ [illegible] 1: [illegible] ([illegible])

- **[illegible]**: [illegible] 1? [illegible]

- **[illegible]**:
  1. [illegible]: [illegible]
  2. [illegible]: [illegible] [[illegible]] ([illegible]) [illegible]
  3. [illegible]: [illegible]

- **[illegible]

[illegible] C [illegible] (Liposomal Vitamin C) [illegible] C [illegible]

[illegible] Liposomal Vitamin C:

- **[illegible]:** [illegible] C [illegible]
- **[illegible]:** [illegible] C [illegible]

Protocol: 3,000–5,000mg every 2–3 hours during acute withdrawal. Cannot overdose — your body uses what it needs and excretes the rest. Blocks 70–80% of physical withdrawal symptoms for many people. Non-negotiable in the acute phase.

[illegible] ([illegible])

[illegible] **(Thymoquinone)** [illegible]

[illegible]:
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]

[illegible]:
1. [illegible]
[illegible]

[illegible] (Agmatine Sulfate) [illegible] [illegible] [illegible] [illegible] [illegible] 7-OH ([illegible]) [illegible] [illegible] ([illegible])

[illegible] 1,500-2,000 [illegible]

[illegible] (N-Acetyl Cysteine) [illegible] **"[illegible]"** [illegible] [illegible] [illegible] **18-35** [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: 600 [illegible] 2 [illegible]/[illegible]

[illegible] [illegible] 2: [illegible] ([illegible] [illegible])

****[illegible]:****

1. **[illegible] (CBT):** [illegible] [illegible] [illegible]
2. **[illegible] (Mindfulness):** [illegible] [illegible] [illegible]
3. **[illegible] (Feeling-based Therapy):** [illegible] [illegible] [illegible]
4. **[illegible] (Talk Therapy):** [illegible] [illegible]

[illegible]-[illegible] + [illegible] (B12)
[illegible] MTHFR ([illegible] [illegible]), [illegible] [illegible] (dopamine) [illegible] (serotonin) [illegible] [illegible] [illegible] L-methylfolate (Deplin-equivalent)

[illegible] 7.5–15 [illegible] [illegible]
[illegible]

[illegible] [illegible] **(Magnesium Glycinate)** [illegible]
[illegible] **(magnesium)** [illegible] **(glycine)** [illegible]
[illegible] [illegible]
[illegible]
400-600 [illegible]. [illegible] COMT
([illegible]) [illegible].
[illegible]. [illegible]
[illegible].

[illegible] D3 [illegible] K2

- **[illegible] D3:** [illegible]
[illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible]
- **[illegible] K2:** [illegible] [illegible]
[illegible] **D3** [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible]
[illegible]
[illegible]:
1. [illegible] 5,000 IU [illegible] D3 [illegible]
2. [illegible] 100 mcg [illegible] K2 [illegible]

[illegible]
[illegible] [illegible]
[illegible]
[illegible] D3 [illegible]
[illegible]
K2 [illegible] [illegible] D3
[illegible]

[illegible]-3 ([illegible] EPA)
[illegible] 2-4 [illegible], [illegible] EPA [illegible] [illegible] EPA [illegible]
[illegible] (dopamine)
[illegible]

[illegible] 3: [illegible]

- **[illegible]**: [illegible], [illegible], [illegible]
[illegible].
- **[illegible]**: [illegible]

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[illegible]	[illegible]? [illegible] [illegible] [illegible]: 1. **[illegible]**: [illegible] [illegible] [illegible] 2. **[illegible]**: [illegible] [illegible] [illegible] 3. **[illegible]**: [illegible]	[illegible] (Strength Tool) **[illegible]:** 1. [illegible] 2. [illegible] 3. [illegible] **[illegible]:** 1. **[illegible]:** [illegible] [illegible] 2. **[illegible]:** [illegible] [illegible] [illegible], [illegible], [illegible], [illegible] [illegible], [illegible]
[illegible]	[illegible] REM [illegible]	[illegible] DSIP [illegible]: 1. **DSIP (Peptide DSIP)**: [illegible] [illegible]. 2. **Epithalon**: [illegible] [illegible] [illegible]. 3. **Magnesium Glycinate**: [illegible] [illegible]. [illegible].
[illegible] (Restless Legs Syndrome) [illegible] RLS [illegible]	[illegible] (glutamate) [illegible] (dopamine)	[illegible] Agmatine, Magnesium [illegible] Selank [illegible]: 1. **Agmatine** - [illegible]

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[illegible]	[illegible]? [illegible]: 1. **[illegible]**: [illegible] 2. **[illegible]**: [illegible] 3. **[illegible]**: [illegible]	[illegible] (Strength Tool) **[illegible]:** 1. [illegible] 2. [illegible] 3. [illegible] **[illegible]:** 1. **[illegible]:** [illegible] 2. **[illegible]:** [illegible], [illegible], [illegible], [illegible], [illegible]
2. **[illegible]**: [illegible]		
[illegible] - **[illegible]:** [illegible] - **[illegible]:** [illegible] - **[illegible]:**	[illegible] - **[illegible]** (Inflammation): [illegible] - **[illegible]** (Nervous system dysregulation): [illegible] ([illegible]) [illegible]/[illegible]	[illegible]: - **TB-500**: [illegible] TB-500 ([illegible]) [illegible] - **Liposomal C**: [illegible] Liposomal C ([illegible] C [illegible]) [illegible], [illegible] - **[illegible]

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[illegible]	[illegible]? [illegible]: 1. **[illegible]**: [illegible] 2. **[illegible]**: [illegible] 3. **[illegible]**: [illegible]	[illegible] (Strength Tool) **[illegible]:** 1. [illegible] 2. [illegible] 3. [illegible] **[illegible]:** 1. **[illegible]:** [illegible] 2. **[illegible]:** [illegible], [illegible], [illegible], [illegible], [illegible]
- [illegible] [illegible]		
[illegible] (brain fog) [illegible]: - **[illegible]** - **[illegible]** - **[illegible]** - **[illegible]	[illegible] BDNF (Brain-Derived Neurotrophic Factor) [illegible] **BDNF (Brain-Derived Neurotrophic Factor)** [illegible] BDNF [illegible] [illegible] **[illegible]** [illegible]	[illegible] (Recovery Kernel) [illegible]: 1. **Semax**: [illegible] 2. **Dihexa**: [illegible] 3. **NAC (N-Acetylcysteine)**: [illegible] 4. **Omega-3**: [illegible] Omega-3 [illegible]

[illegible]	[illegible]? [illegible]: 1. **[illegible]**: [illegible] 2. **[illegible]**: [illegible] 3. **[illegible]**: [illegible]	[illegible] (Strength Tool) **[illegible]:** 1. [illegible] 2. [illegible] 3. [illegible] **[illegible]:** 1. **[illegible]:** [illegible] 2. **[illegible]:** [illegible], [illegible], [illegible], [illegible]
[illegible]** - **[illegible]** [illegible]: 1. **[illegible]**: [illegible]	[illegible]: * **[illegible] DNA:** [illegible] * **[illegible]:** [illegible] * **[illegible]:** [illegible]	[illegible]
[illegible]	[illegible] (enkephalin) (Translation: The depletion state of dopamine and enkephalin.)	[illegible] (Recovery Kernel) [illegible] (nootropics) [illegible] Selank, NAC [illegible] BPC-157 [illegible]

[illegible]	[illegible]? [illegible]: 1. **[illegible]**: [illegible] 2. **[illegible]**: [illegible] 3. **[illegible]**: [illegible]	[illegible] (Strength Tool) **[illegible]:** 1. [illegible] 2. [illegible] 3. [illegible] **[illegible]:** 1. **[illegible]:** [illegible] 2. **[illegible]:** [illegible], [illegible], [illegible], [illegible], [illegible]
[illegible] 1. **[illegible]:** [illegible] 2. **[illegible]:** [illegible]	**Note:** This is a medical term and should be left unaltered. No additional information or commentary is needed as per the given guidelines.	1. **[illegible]**: [illegible] 2. **[illegible] Selank**: [illegible] dosis [illegible] 3. **[illegible] NAC**: [illegible] NAC (N-acetylcysteine) [illegible] Selank [illegible] 4. **BPC-157**: [illegible]

[illegible]	[illegible]? [illegible]: 1. **[illegible]**: [illegible] 2. **[illegible]**: [illegible] 3. **[illegible]**: [illegible]	[illegible] (Strength Tool) **[illegible]:** 1. [illegible] 2. [illegible] 3. [illegible] **[illegible]:** 1. **[illegible]:** [illegible] 2. **[illegible]:** [illegible], [illegible], [illegible], [illegible], [illegible]
[illegible] 3. **[illegible]		
[illegible] [illegible] "mood swings" [illegible]: - **[illegible]**: [illegible] - **[illegible]	[illegible] COMT ([illegible]) [illegible] MTHFR (methylation disruption of MTHFR gene) [illegible] - **COMT Overload:** [illegible] COMT ([illegible]) [illegible] - **MTHFR Methylation Disruption:** [illegible] MTHFR ([illegible]) [illegible]	[illegible] (Magnesium Glycinate) + [illegible]-[illegible] (L-Methylfolate) + [illegible] 12 (B12)

[illegible]	[illegible]? [illegible]: 1. **[illegible]**: [illegible] 2. **[illegible]**: [illegible] 3. **[illegible]**: [illegible]	[illegible] (Strength Tool) **[illegible]:** 1. [illegible] 2. [illegible] 3. [illegible] **[illegible]:** 1. **[illegible]:** [illegible] 2. **[illegible]:** [illegible], [illegible], [illegible], [illegible], [illegible]
[illegible]**: [illegible] - **[illegible]**: [illegible]	[illegible]	
# [illegible] (Sweating) [illegible] (Chills) - **[illegible]:** [illegible]	[illegible] (Autonomic Nervous System Dysregulation)	[illegible] (Liposomal C) [illegible]- [illegible] (hydration) [illegible] (electrolytes)

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[illegible] 2: [illegible]
- [illegible].
- [illegible].
- [illegible].

**[illegible]

- [illegible] Selank [illegible]: 300 [illegible]. [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible] (autonomic nervous system) [illegible] [illegible]
- [illegible] 5-7-8: [illegible] 4 [illegible], [illegible] 7 [illegible], [illegible] 8 [illegible]. [illegible] 5 [illegible]. [illegible] [illegible]

[illegible] (2-20 [illegible])

1. **[illegible]**: [illegible] [illegible] [illegible].
2. **[illegible]**: [illegible] [illegible] [illegible] [illegible]/[illegible].
3. **[illegible]**: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
4. **[illegible]**: [illegible] [illegible] [illegible].
5. **[illegible]
   - [illegible] [illegible] [illegible] [illegible] [illegible]
   - [illegible] [illegible]

     (Tid tông huāi kao khân chīn khaen sapthapha khang khun kam læng phéchin khang kyēng)
   - [illegible] [illegible] [illegible] [illegible] [illegible]
   - [illegible] (sour candy), [illegible] (hot sauce), [illegible] (strong mint)

     ([illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] (Trigger Map)

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[illegible]. [illegible]

- [illegible] (Semax) - [illegible] BDNF

  [illegible]:

  1. **[illegible] Semax:** [illegible] [illegible] [illegible] [illegible] [illegible]
  2. **BDNF (Brain-Derived Neurotrophic Factor):** [illegible] [illegible] [illegible] [illegible]
  3. **[illegible]:** [illegible] [illegible] [illegible] [illegible]
  4. **[illegible] Semax [illegible]:** [illegible] Semax [illegible]
- [illegible] - [illegible] ([illegible] 2+)
- [illegible]-500 (TB-500) [illegible] [illegible]
  [illegible] [illegible]

[illegible]:

1. **[illegible]**: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

2. **[illegible]**: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

3. **[illegible]**: [illegible]

- [illegible] C [illegible] (Liposomal Vitamin C) - [illegible] 3,000-5,000 mg ([illegible] ascorbic acid)
- [illegible]: [illegible] (Agmatine Sulfate)

  [illegible]: 1,500–2,000 [illegible] (mg) [illegible]
- [illegible] (NAC) — 600 [illegible] 2 [illegible]
- [illegible]-[illegible] — 7.5–15 [illegible] ([illegible])
- [illegible] (Methylcobalamin) B12 [illegible] 1,000 [illegible] (mcg) [illegible] (sublingual)
- [illegible] [illegible] — 400-600 [illegible]
- [illegible] D3 [illegible] K2, [illegible] ω-3, [illegible] (Black Seed Oil)

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[illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ## [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: **1. [illegible]** [illegible] [illegible] [illegible] [illegible] **:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ## [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: **1. [illegible]** [illegible] [illegible] [illegible] [illegible] **:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ## [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: **1. [illegible]** [illegible] [illegible] [illegible] [illegible] **:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ## [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: **1. [illegible]** [illegible] [illegible] [illegible] [illegible] **:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ## [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: **1. [illegible]** [illegible] [illegible] [illegible] [illegible] **:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ## [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: **1. [illegible]** [illegible] [illegible] [illegible] [illegible] **:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ## [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: **1. [illegible]** [illegible] [illegible] [illegible] [illegible] **:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

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- □□□□ (REM rebound) □□□□ □□□□ □□□□

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3. **□□□□:**
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- □□□□: 400-600 □□□□
- □□□□ Epithalon: □□□□-□□□□ □□□□ □□ □□□□
- □□□□ (L-Theanine): 200 □□□□ □□□□
- □□□□ 20-23 □□□□ (65-68 □□□□), □□□□, □□□□ □□□□
- □□□□ 90 □□□□ — □□□□ □□□□

□□□□ 2. □□□□ DSIP □□□□ Epithalon, □□□□ 1. □□□□ 2, □□□□ □□□□

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(Kwaam ching khon si ngam nee)

Explanation:

* **□□□□□□□□ (kwaam ching):** The truth
* **□□□ (khon):** Of
* **□□□□ (si ngam):** Thing
* **□□□ (nee):** This

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bottles".)

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  (Phlang gan thi mai khat hai)

  Explanation:

  * **□□□□□□□□ (phlang gan):** Energy
  * **□□□□□□□□□□□□□□ (thi mai khat hai):** That doesn't crash/fade away
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(Khawd kwam chao kha phu triyavata)

□□□□□□□□□□□□□□□□ **Recovery Kernel,**

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